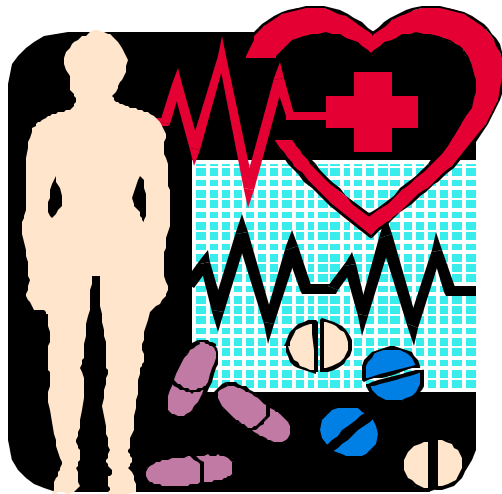


## Women, Heart Disease and Stroke

Many women believe that cancer is their most significant health threat, but they're wrong. Nearly twice as many women in the United States die of heart disease and stroke as from all forms of cancer combined. Coronary heart disease, which occurs when the blood vessels that supply the heart muscle become obstructed, is the single largest killer of American women. This obstruction causes narrowing of blood vessels, and this can occur in any blood vessel in the body including the heart (leading to a heart attack) or the brain (leading to a stroke).

Risk factors for heart disease and stroke that you cannot change include increasing age and heredity. However, you have a great deal of influence on other risk factors, such as tobacco use, high blood pressure, high blood cholesterol, and your level of physical activity. Even minor changes in these risk factors can add time to your life. If you want to increase your activity level but don't have time for a workout each day, remember this little rule: don't sit when you can stand, don't stand when you can walk, don't walk when you can run.

Warning signs for heart attack may include:



- An uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.
- Pain that spreads to the shoulders, neck or arms.
- Chest discomfort with light-headedness, fainting, sweating, nausea or shortness of breath.

The symptoms of a heart attack in women may be different from symptoms reported by men. Women often report they were totally unaware of warning signs beforehand. In men, chest pain and tightness that spreads to the back, neck, shoulders, and arms are typical heart attack warning signs. But one in five women may experience any

of the following "atypical" or unusual symptoms and should seek medical attention immediately!

Warning signs for heart attack in women may include:

- Pain in the upper abdomen (just under the breastbone).
- Profound fatigue or weakness.
- Unexplained anxiety or a feeling of being unwell.

The most important thing you can do is recognize the symptoms and learn cardiopulmonary resuscitation (CPR). Since most heart attacks are caused by an uncontrolled movement in the heart, called ventricular fibrillation, many offices, restaurants and other places of business have the new easy-to-use automatic external defibrillators (AED's). When taking a CPR class, check to see if you will also be taught this lifesaving procedure; many basic CPR classes now include instruction in the use of AED's. To find out more about CPR and first aid classes in your area, contact the Department of Personnel (360-664-1921, or visit their website at [www.wa.gov/dop](http://www.wa.gov/dop)), the American Heart Association (website <http://www.americanheart.org>), the American Red Cross (website <http://www.crossnet.org>), or contact your

local fire department.

Another leading cause of death and disability is a stroke, an illness that suddenly disrupts the brain's function by interfering with part of its blood supply. It is sometimes called brain attack.

According to the National Stroke Association (NSA), every minute in the United States, someone experiences a stroke. Stroke has a disproportionate effect on women. Women account for approximately 43% of the strokes that occur each year, yet they account for 62% of stroke deaths. And women over age 30 who smoke and take high-estrogen oral contraceptives have a stroke risk 22 times higher than average.

Since different areas of the brain are responsible for different functions (sensation, movement, sight, speech, balance, coordination, etc.), the symptoms and warning signs of stroke vary depending on which specific area of the brain is being deprived of its normal blood supply. Symptoms may include any of the following:

- Sudden severe headache with no known cause, with or without vomiting.
- Sudden dizziness, confusion,

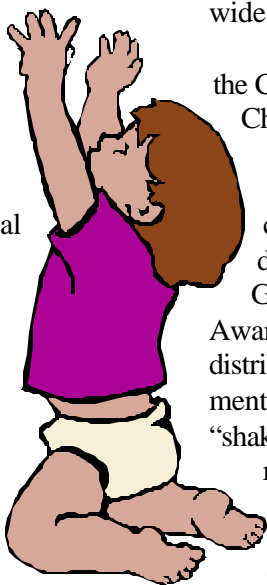
**Continued on page 4**

## April is Child Abuse Prevention Month

Washington Council for Prevention of Child Abuse and Neglect (WCPCAN) is working with agencies, organizations and communities statewide to increase awareness of Child Abuse Prevention Month and the "Blue Ribbon Campaign." Child Abuse Prevention Month has been observed each April since the first presidential proclamation in 1983.

In 1989, a Virginia grandmother started the "Blue Ribbon Campaign" as a memorial for her three-year-old grandson, who had been murdered by his mother's boyfriend. As a result, the blue ribbon has become a symbol of Child Abuse Prevention Month and is a reminder of proactive steps that can be taken to prevent abuse and neglect.

We have expanded our efforts this year by collaborating with Children's Hospital and Regional Medical Center, the Indu Nair Guild, Foster Parents Association of Washington and Court Appointed Special Advocates (CASA) to promote awareness on issues concerning abused and neglected children through the "Blue Ribbon



Campaign." Blue ribbons will be distributed by each organization at a variety of venues throughout the state. The collaborative has a goal to distribute over 100,000 blue ribbons statewide.

In April, WCPCAN is sponsoring: the Children's Alliance "Voices for Children" celebrations in Seattle and Spokane, the WSU "Parenting in the Public Interest" conference, community-based program fund development workshops and the Governor's Child Abuse Prevention Awards. In addition, WCPCAN is distributing public service announcements featuring the mother of a "shaken baby" survivor, community resource packets to organizations to develop their own "Blue Ribbon" campaigns, press releases, and Children's Memorial Flags to programs.

On Friday, April 28 (Children's Memorial Day), WCPCAN, DSHS, and the Governor's Office will raise the Children's Memorial Flag over the Capitol. The Children's Memorial Flag honors each lost child and increases awareness about the continuing problem of violence against children in the hope of preventing future occurrences.

Show you value children and support efforts to prevent child abuse and neglect! Please wear a blue ribbon in April!



# ICSEW

Interagency Committee of State Employed Women

**Donna Bogumill** from the Department of Personnel submitted the winning entry in the ICSEW Logo Contest. She is the Communications Manager at DOP. Her primary responsibilities include writing, editing, and designing all types of printed publications, presentations, and web pages. Donna has been a state employee for 22 years. She started with the Department of Veterans Affairs as a Clerk Typist 3 and worked her way up to the position of Public Information Officer 2.

Other state employees submitting entries included:

- Sandra Bailey**, Employment Security Department
- Deb Calderon**, Department of Personnel
- Pam Dungan**, Attorney General's Office
- Karen Dunn**, Department of Community, Trade and Economic Development
- Johnnie Harris**, Department of Ecology
- Pamela Hildebrand**, Health Care Authority
- Donna Lynch**, Department of Ecology
- Marla Oughton**, Department of Services for the Blind
- Patti Scherer-Abear**, Department of Personnel
- Jill Thiery**, Health Care Authority
- Dick Whitten**, MD, Health Care Authority

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**1999-2000  
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**Chair**

**Dawn Baker**

Department of Personnel  
Mailstop: 47500  
(360) 664-6313  
dawnb@dop.wa.gov

**Vice Chair**

**Kathy Shore**

Department of Health  
Mailstop: 47890  
(360) 236-4020  
kls0303@doh.wa.gov

**Executive Secretary  
Sherrie Funston**

Washington State Patrol  
Mailstop: TT-88, Seattle  
(206) 352-3648  
sfunston@nw.hidta.org

**Budget**

**Melissa Clarey**

DSHS  
Mailstop: 45330  
(360) 438-8763  
claremm@dshs.wa.gov

**Communications**

**Donna Lynch**

Department of Ecology  
Mailstop: 47600  
(360) 407-7529  
dlyn461@ecy.wa.gov

**Conference**

**Karen Dunn**

CTED  
Mailstop: 43173  
(360) 956-2096  
karend@ep.cted.wa.gov

**Education**

**Gail Grosvenor-Nyreen**

DSHS  
Mailstop: N17-28, Seattle  
(206) 341-7117  
ggrosven@dshs.wa.gov

**Health Care/Wellness**

**Vicki Biscay**

Office of the Attorney General  
Mailstop: 40130  
(360) 407-0664  
vickib@atg.wa.gov

**Membership**

**Sheila Johnson-Teeter**

Employment Security Department  
Mailstop: 6000  
(360) 438-4128  
sjohnson@esd.wa.gov

**Promotional and  
Career Opportunities**

**Linda Jekel**

Department of Financial Institutions  
Mailstop: 41200  
(360) 902-8753  
ljekel@dfi.wa.gov

**Childcare Task Force**

**Maryann Connell**

Department of Agriculture  
Mailstop: 42589  
(360) 902-2050  
mconnell@agr.wa.gov

**Liaison to the Governor**

**DeLee Shoemaker**

Office of the Governor  
Mailstop: 40002  
(360) 902-0390  
delee.shoemaker@gov.wa.gov

*Mailstops are in Olympia  
unless otherwise noted.*

**Confidential and No Charge**

# EAS Offers Counseling to Employees

**By Jan Paul  
EAS Manager**

The Employee Advisory Service (EAS) is the state of Washington's Employee Assistance Program (EAP). EAS is a confidential service and is available at no charge to state of Washington employees and their family members. Its function is to provide assessment, short-term problem resolution and referral services to all merit system and various contracting non-merit system agencies.

Similar to other EAPs, EAS serves a two-fold function:

1. Working with employees having personal problems which affect (or could affect) job performance.
2. Consulting with supervisors/managers who work with employees who have personal problems affecting job performance.

EAS works with supervisors/managers by providing consultation and/or training to assist managers, supervisors, Human Resources Personnel and employee organizations in managing troubled employees and improving employee job performance.

When EAS began in 1972, the focus was mainly on alcohol issues in the workplace. As Employee Assistance Programs have evolved, the EAS program has also expanded to offer help in a wide variety of issues including: marital and family issues, domestic violence, emotional, financial, job issues; drug and alcohol issues, and other people problems. The staff travels to many agencies and institutions around the state to present training for supervisors as well as employee presentations on the program.

As we move into the future, EAS continues to address what are considered the core and necessary components of an employee assistance program. At the same time EAS stays current by responding to emerging workplace needs such as grief & loss at work, traumatic incidents, domestic violence, workplace violence, return to work concerns, and conflict management. Some specialized functions currently being offered by EAS include:

**Critical Incident Stress Debriefings** - the DOP Critical Incident Stress Management Team, based in EAS, is a team of debriefers trained to respond to employees impacted by traumatic events.

**Coordination for Threat Assessment** - EAS has taken the lead in developing a process to assist managers and Human Resource Personnel in managing emerging threats of violence at work. EAS also helps employees who may have been impacted by the threats of violence in the workplace.

**Fit For Duty Evaluations** - Similar to the above, EAS is working with managers and human resources personnel to coordinate independent psychological evaluations for employees with complex problems which contribute to job performance issues.

**Specialized Presentations** - EA Professionals have been speaking on a wide variety of topics at "brown bag" lunch presentations. Those at EAS

recognize the rapid changes in today's workplace and do try to respond to individual requests for specialized topics as much as possible. Some recent examples are presentations on Grief and Loss, Emotional Impact of Retirement, and Stress in the Workplace.

The Employee Advisory Service has three main offices across the state with many satellite offices. Since all three offices have a male and a female employee assistance professional, you may request either a male or a female when you come in.

**Olympia Office  
(360) 753-3260**

The Olympia EAS office employs two EA Professionals, Meredy Davis and Will Bailey, one Administrative Assistant, Harriet Loughin, and EAS Manager, Jan Paul. This office covers from Pierce County south to the Oregon border and east to the mountains.

- Jan was appointed as the manager of EAS in December, 1999, and had been acting manager for seven months before that. She has been with EAS since 1982.

- Harriet has been with EAS for 22 years. She is often the initial contact person in the Olympia office

- Meredy, an eight-year EAS veteran, travels on a biweekly basis to satellite offices in the Vancouver area to see employees in that part of the state.

- Will who has been with EAS since July, 1999, also travels on a weekly basis to the satellite Tacoma office serving employees in this part of the state.

**Seattle Office (206) 720-3514**

The Seattle EAS office employs EA Professionals Sara Maxwell, Tom Butler and counselor aide, Susan Peterson. They cover South King County to the Canadian border, east to the mountains, and west extending out on the peninsula. They have satellite offices in Bellingham and Bremerton.

- Sara serves as Regional Manager of Northwest Washington and has been with EAS for five years.

- Tom is the most recent addition to the EAS staff beginning with EAS in January, 2000. He comes with years of EA experience in his prior position.

- Susan has been with EAS since August, 1999 and is the first contact in the Seattle office.

**Spokane Office (509) 482-3686**

The Spokane EAS office employs EA Professionals, Dave Smith and Sue Reeve. They cover the eastern and central part of Washington. They have satellite offices throughout Eastern Washington so they can be more accessible to more employees in the less densely populated areas of Eastern Washington.

- Dave serves as Regional Manager of Eastern Washington and has been with EAS for 16 years.

- Sue has been with EAS for 18 years and also travels frequently throughout Eastern Washington to meet the needs of employees living in more rural areas.

To schedule an appointment with any of the locations, just call the closest office, and they will schedule a confidential appointment for you in that office.

## Letters to the Editor

For some reason, I do not usually have the opportunity to see the InterAct newsletter. However, last week I picked up the latest issue from a stack at Airway Heights Corrections Center. I was very impressed by the quality of the writing in the newsletter. The articles and even the letters to the editor were as articulate and thought-provoking as anything I've read in a long time.

I know that the ICSEW has accomplished a good deal over its existence. However, I believe that the quality and content of your newsletter alone are enough to justify the committee's continuation. Keep up the good work!

**Lois Bradford  
Department of Corrections**

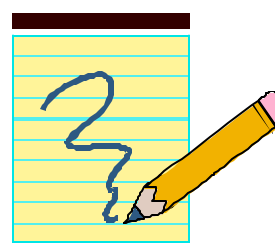


I also have an ADD daughter who also suffers from (or maybe I should say the rest of us suffer from) a second diagnosis of ODD (Oppositional Defiant Disorder). I have been told

that a high percentage of ADD folks also have ODD. I so enjoyed the article. My daughter however is highly intelligent which

makes it extremely difficult when she doesn't meet her academic potential that teachers and others initially expect. When one first meets her she appears to be more mature and older looking than her 15 years. She never seems to quite fit in. Sort of like a gear that is just slightly out of alignment. I have and continue to fight all of the same battles that the author of the article mentioned. Trying to remember that she has a disability and has to work very hard at being accepted as an OK person. She needs a lot of positive strokes. Sometimes it is very difficult to come up with something positive when she has just finished screaming at you for 15 minutes.

**Georgia Frazier  
Department of Personnel**



**Washington State Domestic Violence Hotline  
1-800-562-6025**

# Making a Difference in the Lives of Others



By Marla Oughton

During ski season many weekends for Jodie Ryan, an Assistive Technology Specialist with the Department of Services for the Blind (DSB), begin with waking up at 5:30 a.m., packing up the ski gear into her 4x4 truck, meeting up with other ski instructors, and heading to the mountains. Once there, teaching and motivating the physically challenged. And, most of all stirring up FUN! Most rewarding for Jodie is “seeing the excitement of the students when they arrive on the bus each week. They come off, smiling from ear to ear, telling us they’ve been waiting all week (or all summer in the beginning of the season).”

Jodie takes pride and finds reward in what she does both professionally and in her community. Jodie had been working in the private sector in information technology before she came to work with DSB back in March of 1999. She didn’t make the transition into state government because of the luring salary or benefits, as we all know that’s not always comparable to the private sector particularly in the technology field. She did it because she needed the “people” and “providing services” aspects and to know that her work made a difference in the lives of others. And, in turn make her career more rewarding.

As an Assistive Technology Specialist at DSB, Jodie’s task is to successfully accommodate a blind or visually impaired person with the assistive technology equipment necessary for them to be successful in employment and other endeavors. This is often a hard task given the many variables in technology but Jodie has a “can do” attitude, not letting the complexity of a situation affect her, and perseveres until the job is done.

She has the same “can do” attitude when teaching as a ski instructor for SKIFORALL, a Bellevue-based nonprofit group that provides access to outdoor recreation for people with disabilities. Jodie began volunteering five years ago and hasn’t let her busy life interfere with her commitment. She exemplifies their motto “Exercise your abilities” and instills that focus on her students. The ski season is seven weeks long but begins three weeks prior for Jodie who provides training to other instructors. Since Jodie is a Professional Ski Instructor and part of the Professional Ski Instructors of America (PSIA) she has a big part in getting everyone prepared for the ski season. And, this is a big job considering there are 60 instructors and 60 students to plan for.

Each ski instructor is paired up (one-on-one) with a student and participates in one of three programs: the regular group (same pairs every week), back country touring group (tours different parks to ski) and the Skihawks (team of individuals preparing to participate in the Special Olympics). Jodie instructs in the back country touring group that is a smaller group of six instructors and six students. She sees students ranging “from age 11 to over 70 with every disability you can

imagine.” What’s most challenging for Jodie is “when I can’t understand what someone wants or needs, when they are unable to convey their thoughts or emotions. I speak limited sign language, and some of our students make their own sign language up, so it takes weeks to figure out what they’re saying.”

Most recently, Jodie participated in a one-time lesson with blind and visually impaired students from DSB’s Orientation & Training Center (a training center teaching blind adults the alternative skills of blindness). One-time lessons are held just to get people exposed to the sport to determine if they like it. People participating in the one-time lesson usually have no experience skiing and it takes some motivating to get them on the snow and to break through the “fear barrier.” Jodie thrives on that challenge and works with her student to maximize their abilities and get the most out of their experience.

The ski season for SKIFORALL ended February 20 with many fond memories. “Seeing a really quite, non-expressive student who didn’t normally ski very far (for years) learning to use his arms instead of the poles, becoming very animated, skiing the farthest he has ever skied, smiling and having a great day” is Jodie’s fondest memory. And after a long summer of re-energizing Jodie will once again prepare for a new year. Looking forward to her favorite day, the first day of the season, and seeing many new and returning students and most of all taking part in the joy and celebration felt by all.

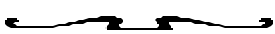
## National Women’s History Month

As recently as the 1970’s, women’s history was virtually an unknown topic in the K-12 curriculum or in general public consciousness. To address this situation, the Education Task Force of the Sonoma County (California) Commission on the Status of Women initiated a “Women’s History Week” celebration for 1978. They chose the week of March 8 to make International Women’s Day the focal point of the observance.

In 1987, the National Women’s History Project petitioned Congress to expand the national celebration to the entire month of March. Since then, the National Women’s History Month Resolution has been approved with bipartisan support in both the House

and Senate. Each year, programs and activities in schools, workplaces, and communities have become more extensive as information and program ideas have been developed and shared.

The popularity of women’s history celebrations has sparked a new interest in uncovering women’s forgotten heritage. The National Women’s History Project is involved in many efforts to promote multicultural women’s history. They produce organizing guides, curriculum units, posters and display sets, videos, and a range of delightful celebration supplies. For more information, visit the website at: <http://www.nwhp.org/>



# Helpful Tips to Survive Single Parenthood

March 21 is “Single Parents Day.” The following is a helpful list of things to do to help survive the stress and frustration single parents sometimes face.

1. Don’t waste time regretting failures or fretting over the things you don’t do.
2. To assure a good night’s rest, plan your next day before retiring.
3. For less morning madness, dress toddlers and infants in comfortable clothes at bedtime that can be worn the next day. This Army tip affords extra morning time for cuddling and hugging instead of racing around, and besides, kids couldn’t care less about designer bunny pajamas.
4. Learn to prioritize and compromise. Do the most important things first

after listing tasks. Are clean clothes more important than a floor you can eat off of? Then skip the mopping and do a load of laundry instead.

5. Don’t clutter your life with possessions. Scale down and simplify. You’ll be teaching good values, and simple living is very in right now.
6. Take office skills home. Keep a workplace cleared for action and set up a good filing system. In fact, instead of a telephone table or nightstand, invest in a cheap, sleek black two-drawer file cabinet. Place a plant on top and it goes with anything. Be sure to label a few file folders for your kid’s stuff.
7. Don’t think about work on weekends. Spend time on yourself and with your child. You’ll be more productive when Monday comes around, and

- will feel less guilty.
8. Never compare your family to others. Accept your family makeup as normal.
  9. Don’t try to be a mother and father to your child. Just be the best possible parent.
  10. Learn how to ask others for help.
  11. Practice saying no.
  12. Delegate whenever possible. Preschoolers can begin doing chores such as picking up clothes, sweeping, even setting the table and helping to fold laundry.
  13. Master time with a \$5 timer. Use it for the next five tips.
  14. Concentrate on only one thing for a set period of time. When the timer buzzes, rings or beeps, it’s time to go to the next task.
  15. Give your child undivided attention, about 25 to 30 minutes every evening. Set the timer and let him or her know that this is their time and that when the bell goes off, you’re going to do something else. Turn on the phone answering machine and allow no distractions.
  16. Give yourself private time every day, too. Set the timer for approximately 20 minutes and relax, scream, exercise, meditate, cry, laugh or write in your journal. Let your child know this is your time and allow no

- interruptions. Be sure young children are in a safe place with safe activities.
17. Giving in to every whim does not replace an absent parent. Single parents guilty of buying that extra toy or candy bar are only spoiling their children and are asking for more time-consuming battles over control.
  18. You are the parent and your word is final. Although single parents enjoy more closeness with their children, avoid being too much of a friend. Never make your child replace an adult’s role.
  19. Find other adults with whom you can relate. They don’t have to be single parents, just friends that can offer support or peers who share your interests.
  20. Although it’s best not to put off what can be done right away, when overloaded, ask yourself what will happen if the job doesn’t get done immediately. If the answer isn’t the end of the world, chances are you’re too tired or stressed and should save this task for another time.
  21. Practice the idea of being in the “here and now.” For example, even chores such as cleaning your child’s room can result in quality time if you both allow yourself to enjoy doing it. If you don’t know how to do this, try this Zen tip: “Act” as if you are happy. Eventually you’ll catch on.

### Calendar of Events

Women’s History Month .....	March
ICSEW General Membership Meeting .....	March 14
Single Parents Day .....	March 21
April Fool’s Day .....	April 1
Daylight Saving (Spring ahead an hour) .....	April 2
ICSEW Executive Board Meeting .....	April 12
Earth Day .....	April 22
Easter .....	April 23
Take Our Daughters to Work Day .....	April 27
ICSEW General Membership Meeting .....	May 9

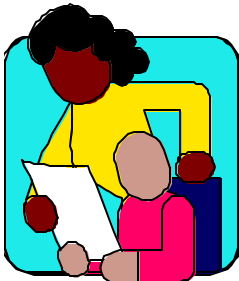


# Take Our Daughters to Work Day April 27

Thursday, April 27, 2000 is the official date for "Take Our Daughters to Work Day." The theme of this year's event is "Free to Be You and Me." Please post your calendars and make plans to participate!

This year, the Governor's ICSEW and the Department of Natural Resources are joining forces to educate our daughters about nontraditional careers in public service, as well as nontraditional careers in the private sector. It promises an action-packed agenda, and will provide hands-on activities.

The Governor's ICSEW has reserved the General Administration (GA) Building Auditorium (on the Capitol Campus) on Thursday, April 27, 2000 from 9:30 a.m. until 3:00 p.m. We thought this would allow your children



an opportunity to visit and spend some time in your work place, but also provide structured activity with an emphasis on seeing what different careers are like, and what they might do to plan for their futures.

Chief Annette Sandberg of the Washington State Patrol and Commissioner Jennifer Belcher (Commissioner of Public Lands) will be kicking off the event by speaking about what it is like to be successful women in nontraditional jobs. After the initial speeches, children will participate in hands-on activities and learn about 10 different professions in both the public and private sector; activities that will give them an opportunity to "touch" and "do."

Governor Gary Locke has been invited to make the closing ceremony at the end of the day.

An official agenda, announcements, and registration information will be available by the end of March 2000. Please check out our website: <http://www.wa.gov/icsew>



ICSEW core group members from Labor and Industries and the Department of Health co-hosted a health and wellness fair on February 14. "Lifting Mind, Body and Spirit" featured informational tables on a variety of issues. The event was well attended by state employees from the area, and was so successful that the core groups are planning to make it an annual event. Also helping with the event were members of the ICSEW Executive Board and the Communications Committee. Pictured above in the bottom photo (far right) is ICSEW Vice Chair Kathy Shore.

# Ms. Foundation's Top 10 Female Role Models

The Ms. Foundation announced its third annual list of the Top Ten Female Role Models of the year, which includes a roster of inspirational and courageous figures that includes writers, activists, athletes, entertainers, and executives.

"On the cusp of a new millennium, it's more important than ever to honor the diverse and extraordinary women and girls who are paving the way for future generations," says Marie C. Wilson, President of the Ms. Foundation for Women.

"These women have enormous courage and strength of conviction to speak and live for what they believe in and have made it possible for other women and girls to learn and lead by their example," adds Wilson.

The Top Ten Women Role Models from 1999 follow:

**Camryn Manheim** is proud to be fat and fabulous! Her award-winning performance as Ellenor Frutt on the hit show, The Practice, has caught the attention of Hollywood and fans everywhere. Last



spring, she released her unapologetic memoir, Wake Up, I'm Fat, which chronicles her own personal struggle with weight and her journey to self-acceptance.

**Venus and Serena Williams** dominate the court with their powerful serves and unconventional style. These slammin' sisters are ranked third and fourth in the world and have dazzled fans with their incredible talent and terrific fashion sense.

**J.K. Rowling** went from welfare to international fanfare with her immensely popular children's series, Harry Potter, about a magical boy and his adventures. The Harry Potter series has become an international sensation in the publishing world and has excited children about reading.

**Andrea Jung** has been called the "ultimate Avon lady." As the newly anointed Chief Executive Officer of Avon Products, Inc., she becomes the fourth chief executive of a Fortune 500 company who is a woman.

**Doris Haddock**, who is affectionately known as "Granny D," has hit the streets to build support for campaign finance reform. This 89-year-old crusader walked 10 miles a day, six

days a week, on her journey from California to Washington, D.C.

**Cheryl Mills** made history with her eloquent and impassioned defense of President Clinton during his impeachment hearings. She has recently changed her address from the White House to the World Wide Web as a senior vice president at Oxygen Media, a cable television network and internet sites geared towards women.

**U.S. Women's World Cup team** scored big with fans and advertisers as they filled stadiums and attracted millions of television viewers to their exciting and competitive games. Team USA became the sports sensation of the year as they displayed the ideals of teamwork and sportsmanship and captured the heart and spirit of the nation.

**Hydeia L. Broadbent** is the oft

forgotten face of AIDS - children. But once you meet Hydeia, you will never forget her. At fifteen, she has a foundation in her name, received numerous awards, and given countless interviews in her quest to educate youth about the effects of HIV and AIDS.

**Amalia V. Betanzos** helped found the National Association for Puerto Rican Civil Rights forty years ago, and hasn't slowed down since. Today, at the ripe age of 70, Betanzos heads an innovative work program and an alternative high school in New York City.

**Tonya Gonnella Frichner** is the founder and president of the American Indian Law Alliance. For ten years, Frichner has advocated on behalf of the cultural, social, and political rights of Indigenous nations and groups across the country.

## Women, Heart Disease and Stroke

Continued from page 1

- trouble speaking or understanding.
- Sudden numbness, weakness or paralysis on one side of the body.
  - Visual disturbance, including sudden loss of vision in one or both eyes.
  - Difficulty walking, including staggering or veering.
  - Coordination problems in the arms and hands.
  - Sudden deviation of the eyes toward one direction.
  - Seizures.
  - Irregular breathing.
  - Stupor or coma.

The sudden appearance of one or more of these symptoms is a warning sign that a stroke may be in progress. Call your doctor (or 9-1-1) immediately whenever you experience or observe anyone having any of the symptoms of

stroke, even if these symptoms last only a few minutes. If the brain's blood supply is quickly and completely restored, the patient may recover with little or no disability.

Prevention is our best defense! These five steps can help prevent stroke and heart attack:

1. Maintain a healthy weight.
2. Eat a diet that is rich in fruits, vegetable, fiber and fish; aims for 25% of calories from fat; and includes no more than 20 grams of saturated fat daily.
3. Exercise.
4. Don't smoke.
5. Keep tabs on your cholesterol

and blood pressure levels, and seek treatment if necessary.

Resources: American Heart Association and National Stroke Association  
Contributed by ICSEW Subcommittee on Health and Wellness

INTERACT is published by the Communications Committee of the Interagency Committee of State Employed Women (ICSEW).

Chair and Editor: Donna Lynch, Department of Ecology  
Web Coordinator: Gina Hobbs, Department of Information Services  
Distribution: Kacy Brandeberry, Insurance Commissioner's Office

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Donna Lynch, InterAct Editor  
Department of Ecology  
P.O. Box 47600  
Olympia WA 98504-7600  
Phone: (360) 407-7529 (Voice) or (360) 407-6006 (TDD)  
E-mail: [dlyn461@ecy.wa.gov](mailto:dlyn461@ecy.wa.gov)

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